

**2005 Youth Risk Behavior Survey  
Montana High School  
Trend Report**

<b><i>Injury and Violence</i></b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2001</b>	<b>2003</b>	<b>2005</b>
<b>Percentage of students who . . .</b>							
Rode a bicycle and never or rarely wore a bicycle helmet during the past 12 months	94.5	92.0	87.5	86.8	85.1	83.4	82.3
Never or rarely wore a seat belt when riding in a car driven by someone else	30.0	31.9	32.0	23.1	19.8	17.8	13.9
Never or rarely wore a seat belt when driving a car					18.7	19.5	15.8
Rode in a car driven by someone who had been drinking alcohol during the past 30 days	45.9	48.1	46.6	43.1	39.3	36.9	34.4
Drove a car when they had been drinking alcohol during the past 30 days	24.1	27.4	26.7	22.7	21.8	20.4	18.5
Carried a weapon such as a gun, knife, or club during the past 30 days	25.6	22.6	23.8	20.3	21.4	19.4	21.4
Carried a gun during the past 30 days	12.3	9.4	9.8	8.6	9.0	8.7	9.0
Carried a weapon on school property during the past 30 days	13.7	12.4	12.4	9.2	8.7	7.2	10.2
Did not go to school because they felt unsafe at school or on their way to or from school during the past 30 days	2.5	2.8	4.4	3.0	5.5	3.4	4.2
Had been threatened or injured with a weapon on school property during the past 12 months	6.7	6.3	7.1	6.5	8.5	7.1	8.0
Had property such as their car, clothing, or books stolen or deliberately damaged on school property during the past 12 months						28.9	30.1
Were in a physical fight during the past 12 months	41.9	34.5	32.2	32.1	31.6	28.6	30.5
Were injured in a physical fight that required medical treatment during the past 12 months	3.1	3.9	2.9	3.7	3.6	3.4	3.6
Were in a physical fight on school property during the past 12 months	17.2	14.4	13.6	12.7	12.2	10.3	10.9
Were hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months				10.5	10.3	11.7	10.9
Have ever been physically forced to have sexual intercourse when they did not want to					8.8	9.8	10.2
Felt so sad or hopeless for two weeks or more in a row that they stopped doing some usual activities during the past 12 months				25.9	26.6	26.4	25.6
Seriously considered attempting suicide during the past 12 months	25.1	21.8	23.9	18.6	19.4	18.9	17.5
Made a plan about how they would attempt suicide during the past 12 months	20.8	19.2	18.7	15.6	16.3	14.8	14.6
Actually attempted suicide during the past 12 months	8.9	8.5	8.4	6.7	10.4	9.7	10.3
Had a suicide attempt resulting in injury, poisoning, or overdose that required medical treatment during the past 12 months	3.1	2.8	2.4	2.5	3.7	3.0	3.1

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<b><i>Tobacco Use</i></b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2001</b>	<b>2003</b>	<b>2005</b>
<b>Percentage of students who . . .</b>							
Ever tried cigarette smoking	69.7	72.8	73.4	70.3	66.5	61.0	55.4
Smoked a cigarette before age 13	26.7	26.0	26.1	24.7	25.0	20.7	17.6
Smoked a cigarette on one or more of the past 30 days ("current")	30.7	34.8	38.1	35.0	28.5	22.9	20.1
Smoked cigarettes on 20 or more of the past 30 days ("frequent")	12.7	16.8	19.3	18.0	14.9	10.8	8.8
Among current smokers, smoked more than 10 cigarettes per day on the days they smoked during the past 30 days	11.8	13.2	12.1	11.5	12.6	10.8	7.7
Usually got their cigarettes by buying them in a store or gas station during the past 30 days					11.5	10.1	9.3
Smoked cigarettes on school property during the past 30 days	11.9	15.4	15.3	14.0	10.4	7.7	7.0
Ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days ("regular")					23.2	17.3	15.2
Among current smokers, tried to quit smoking during the past 12 months					65.6	60.9	60.4
Used chewing tobacco, snuff, or dip during the past 30 days		22.8	21.0	18.2	15.7	13.2	14.8
Used chewing tobacco, snuff, or dip on school property during the past 30 days		15.2	13.3	9.7	9.3	7.7	8.2
Smoked cigars, cigarillos, or little cigars during the past 30 days				20.4	14.8	14.1	17.6
Smoked cigarettes or cigars or used chewing tobacco, snuff, or dip during the past 30 days				45.0	37.7	30.9	31.4

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<b><i>Alcohol and Other Drug Use</i></b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2001</b>	<b>2003</b>	<b>2005</b>
<b>Percentage of students who . . .</b>							
Had at least one drink of alcohol during their life	83.2	84.0	84.3	86.1	82.9	81.1	77.8
Had first drink of alcohol before age 13	40.0	39.3	38.8	33.4	35.1	30.4	27.8
Had at least one drink of alcohol during the past 30 days ("current")	55.7	58.2	59.0	57.6	54.1	49.5	48.6
Had five or more drinks of alcohol in a row during the past 30 days ("binge drink")	41.4	43.1	44.1	43.6	41.4	37.3	34.4
Had at least one drink of alcohol on school property during the past 30 days	8.8	9.8	8.4	7.2	6.9	6.7	6.4
Used marijuana during their life	26.8	35.0	45.1	45.0	46.7	43.9	41.7
Tried marijuana before age 13	7.6	6.9	9.7	11.8	12.3	11.0	11.2
Used marijuana during the past 30 days ("current")	13.6	20.1	26.9	25.5	27.1	23.1	22.3
Used marijuana on school property during the past 30 days	5.1	6.3	8.9	7.5	7.7	6.4	6.1
Used any form of cocaine during their life	5.1	6.1	9.6	9.8	9.4	8.7	9.5
Used any form of cocaine during the past 30 days ("current")	2.2	2.8	4.1	4.0	4.0	3.8	4.0
Used inhalants during their life		20.9	20.8	16.5	15.0	13.8	15.4
Used heroin during their life				2.8	4.0	3.2	3.6
Used methamphetamines during their life				13.5	12.6	9.3	8.3
Used ecstasy during their life						6.1	6.3
Took steroid pills or shots without a doctor's prescription during their life	4.1	3.7	4.2	4.1	5.3	4.7	4.4
Used a needle to inject any illegal drug into their body during their life		2.5	2.8	2.4	2.7	2.6	3.6
Were offered, sold, or given an illegal drug on school property during the past 12 months	22.0	29.6	34.6	30.0	29.5	26.9	25.3

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<b><i>Sexual Behaviors</i></b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2001</b>	<b>2003</b>	<b>2005</b>
<b>Percentage of students who . . .</b>							
Ever had sexual intercourse	<b>51.0</b>	<b>47.0</b>	<b>45.9</b>	<b>42.5</b>	<b>43.9</b>	<b>43.6</b>	<b>43.6</b>
Had sexual intercourse before age 13	<b>8.5</b>	<b>6.3</b>	<b>6.5</b>	<b>5.3</b>	<b>5.3</b>	<b>5.9</b>	<b>5.1</b>
Had sexual intercourse with four or more people during their life	<b>17.9</b>	<b>15.4</b>	<b>15.5</b>	<b>12.1</b>	<b>13.8</b>	<b>14.0</b>	<b>13.1</b>
Had sexual intercourse during the past three months ("current")	<b>33.7</b>	<b>32.2</b>	<b>31.5</b>	<b>29.2</b>	<b>30.7</b>	<b>29.9</b>	<b>31.2</b>
Drank alcohol or used drugs before last sexual intercourse	<b>34.7</b>	<b>30.2</b>	<b>30.4</b>	<b>34.5</b>	<b>32.0</b>	<b>33.7</b>	<b>29.4</b>
Currently sexually active and used a condom during last sexual intercourse	<b>51.5</b>	<b>53.9</b>	<b>48.6</b>	<b>56.6</b>	<b>57.5</b>	<b>59.6</b>	<b>61.3</b>
Currently sexually active and used birth control pills to prevent pregnancy before last sexual intercourse	<b>20.6</b>	<b>19.5</b>	<b>21.6</b>	<b>20.1</b>	<b>23.1</b>	<b>24.1</b>	<b>23.8</b>
Had ever been taught about AIDS or HIV infection	<b>91.6</b>	<b>91.1</b>	<b>93.2</b>	<b>91.2</b>	<b>90.2</b>	<b>88.1</b>	<b>90.0</b>

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<b><i>Weight Management and Dietary Behaviors</i></b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2001</b>	<b>2003</b>	<b>2005</b>
<b>Percentage of students who . . .</b>							
Were at risk for becoming overweight (i.e., at or above the 85 <sup>th</sup> percentile but below the 95 <sup>th</sup> percentile for body mass index)				<b>10.8</b>	<b>11.3</b>	<b>11.6</b>	<b>12.8</b>
Were overweight (i.e., at or above the 95 <sup>th</sup> percentile for body mass index)				<b>6.2</b>	<b>6.1</b>	<b>8.1</b>	<b>9.3</b>
Described themselves as slightly or very overweight	<b>34.7</b>	<b>29.2</b>	<b>28.2</b>	<b>30.2</b>	<b>30.1</b>	<b>30.8</b>	<b>31.7</b>
Were trying to lose weight	<b>41.6</b>	<b>41.5</b>	<b>41.7</b>	<b>40.2</b>	<b>42.0</b>	<b>41.6</b>	<b>42.6</b>
Exercised to lose weight or to keep from gaining weight during the past 30 days		<b>53.5</b>	<b>53.2</b>	<b>58.0</b>	<b>60.1</b>	<b>60.2</b>	<b>59.7</b>
Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days				<b>39.1</b>	<b>39.3</b>	<b>39.5</b>	<b>39.6</b>
Went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days				<b>10.8</b>	<b>13.9</b>	<b>11.6</b>	<b>12.1</b>
Took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days				<b>7.2</b>	<b>7.2</b>	<b>6.7</b>	<b>5.9</b>
Vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days		<b>5.6</b>	<b>6.9</b>	<b>4.8</b>	<b>5.4</b>	<b>6.0</b>	<b>6.3</b>
Drank 100% fruit juices during the past seven days				<b>85.1</b>	<b>83.4</b>	<b>81.7</b>	<b>81.3</b>
Ate fruit during the past seven days				<b>89.1</b>	<b>88.1</b>	<b>87.8</b>	<b>87.3</b>
Ate green salad during the past seven days				<b>76.2</b>	<b>74.8</b>	<b>72.3</b>	<b>71.9</b>
Ate potatoes during the past seven days				<b>80.0</b>	<b>78.5</b>	<b>77.1</b>	<b>73.1</b>
Ate carrots during the past seven days				<b>59.8</b>	<b>60.3</b>	<b>58.5</b>	<b>57.5</b>
Ate other vegetables during the past seven days				<b>87.5</b>	<b>87.3</b>	<b>85.2</b>	<b>84.7</b>
Ate five or more servings per day of fruits and vegetables during the past seven days				<b>19.5</b>	<b>19.4</b>	<b>16.7</b>	<b>17.0</b>
Drank three or more glasses per day of milk during the past seven days				<b>27.1</b>	<b>25.5</b>	<b>22.5</b>	<b>21.5</b>

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<b><i>Physical Activity</i></b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2001</b>	<b>2003</b>	<b>2005</b>
<b>Percentage of students who . . .</b>							
Exercised or participated in physical activity that made them sweat and breathe hard for 20 minutes or more on three or more of the past seven days ("vigorous")	<b>67.8</b>	<b>63.8</b>	<b>65.6</b>	<b>69.5</b>	<b>67.6</b>	<b>62.3</b>	<b>65.0</b>
Participated in physical activity that did not make them sweat or breathe hard for 30 minutes or more on five or more of the past seven days ("moderate")				<b>29.9</b>	<b>31.0</b>	<b>23.9</b>	<b>28.3</b>
Had not participated in at least 20 minutes of vigorous physical activity on three or more of the past seven days and had not participated in at least 30 minutes of moderate physical activity on five or more of the past seven days				<b>26.6</b>	<b>27.8</b>	<b>33.4</b>	<b>31.2</b>
Had not participated in any vigorous or moderate physical activity during the past seven days				<b>6.3</b>	<b>7.0</b>	<b>9.2</b>	<b>7.8</b>
Watched three or more hours per day of TV on an average school day				<b>24.4</b>	<b>23.5</b>	<b>25.3</b>	<b>26.3</b>
Attended physical education (PE) classes on one or more days in an average week when they were in school	<b>53.5</b>	<b>53.1</b>	<b>53.6</b>	<b>53.6</b>	<b>52.3</b>	<b>55.7</b>	<b>58.1</b>
Attended physical education (PE) classes daily in an average week when they were in school	<b>38.3</b>	<b>34.3</b>	<b>32.7</b>	<b>35.8</b>	<b>31.3</b>	<b>32.6</b>	<b>34.0</b>
Are enrolled in physical education (PE) class and actually exercised or played sports more than 20 minutes during an average PE class	<b>78.0</b>	<b>78.5</b>	<b>80.0</b>	<b>82.0</b>	<b>83.3</b>	<b>85.1</b>	<b>84.6</b>
Played on one or more sports teams during the past 12 months				<b>64.4</b>	<b>60.1</b>	<b>60.5</b>	<b>61.7</b>